

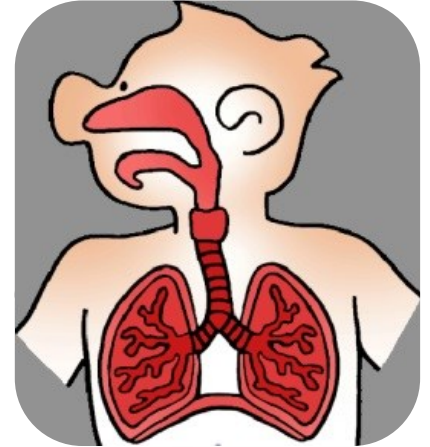
Respiratory System

Breathing & Lungs

Respiratory System

Human lungs are part of the respiratory system, a group of body parts that work together to help us breathe. In addition to lungs, the main parts in the respiratory system include the nose, sinuses, mouth, throat, windpipe (trachea) and bronchial tubes. The system's main job is to move fresh oxygen into the body and remove the waste gas carbon dioxide.

Every cell in our body needs oxygen to survive. The bloodstream acts as an important highway in the respiratory system. When oxygen is exchanged with carbon dioxide in the lungs, it travels through the bloodstream to the cells. In addition to breathing, the system also brings air to the proper humidity and temperature levels; it protects our body from harm by coughing, sneezing, and filtering substances; and it supports our sense of smell.



Respiratory System

Healthy Living

Our lungs and breathing decline as we get older. However, here are simple steps to keep our lungs healthy:

- Avoid Smoking and second-hand smoke – smoking destroys vital lung tissue over time, leading to diseases like chronic bronchitis and lung cancer.
- Prevent infections by washing hands or using hand sanitizer to kill germs.
- Brushing our teeth helps protect us from mouth germs that may lead to infections.

In addition, exercise is important for breathing because it strengthens lung muscles, getting oxygen into our body more easily.

Asthma

Asthma is a lung condition that makes breathing difficult for millions of people. It can be a life-threatening condition for some and symptoms may include a tight feeling in the chest, coughing or wheezing, and shortness of breath. The good news is asthma is usually a manageable condition with the help of medicine or a doctor advice. Immediately tell an adult if you think a classmate is having an asthma attack, especially if they feel dizzy, weak, or faint; their wheezing is getting worse, lips turn blue, nostrils start flaring when breathing, they take more than 30 breaths per minute, or normal walking and talking is difficult for them.

Questions

- 1) Explain the respiratory system in your own words. (≥ 5 sentences)
- 2) List four ways to keep our lungs healthy. (≥ 1 sentence)
- 3) What facts should a teacher know about asthma? (≥ 3 sentences)

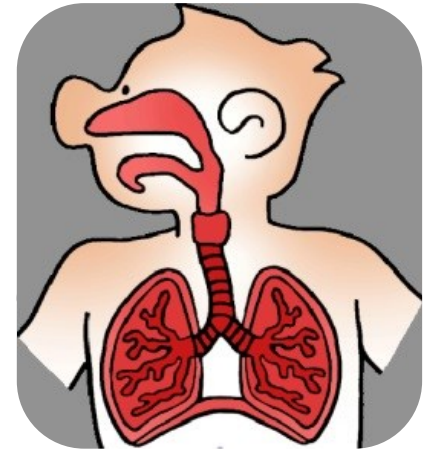
Respiratory System

Breathing & Lungs

Respiratory System

Human lungs are part of the respiratory system, a group of body parts that work together to help us breathe. In addition to lungs, the main parts in the respiratory system include the nose, sinuses, mouth, throat, windpipe (trachea) and bronchial tubes. The system's main job is to move fresh oxygen into the body and remove the waste gas carbon dioxide.

Every cell in our body needs oxygen to survive. The bloodstream acts as an important highway in the respiratory system. When oxygen is exchanged with carbon dioxide in the lungs, it travels through the bloodstream to the cells. In addition to breathing, the system also brings air to the proper humidity and temperature levels; it protects our body from harm by coughing, sneezing, and filtering substances; and it supports our sense of smell.



Respiratory System

Healthy Living

Our lungs and breathing decline as we get older. However, here are simple steps to keep our lungs healthy:

- Avoid Smoking and second-hand smoke – smoking destroys vital lung tissue over time, leading to diseases like chronic bronchitis and lung cancer.
- Prevent infections by washing hands or using hand sanitizer to kill germs.
- Brushing our teeth helps protect us from mouth germs that may lead to infections.

In addition, exercise is important for breathing because it strengthens lung muscles, getting oxygen into our body more easily.

Asthma

Asthma is a lung condition that makes breathing difficult for millions of people. It can be a life-threatening condition for some and symptoms may include a tight feeling in the chest, coughing or wheezing, and shortness of breath. The good news is asthma is usually a manageable condition with the help of medicine or a doctor advice. Immediately tell an adult if you think a classmate is having an asthma attack, especially if they feel dizzy, weak, or faint; their wheezing is getting worse, lips turn blue, nostrils start flaring when breathing, they take more than 30 breaths per minute, or normal walking and talking is difficult for them.

Questions

- 1) Explain the respiratory system in your own words. (≥ 5 sentences) **Lungs exchange gas, all cells need oxygen, carbon dioxide is a waste gas, bloodstream carries oxygen, protects body by sneezing...**
- 2) List four ways to keep our lungs healthy. (≥ 1 sentence) **No smoking, exercise, wash hands, brush teeth.**
- 3) What facts should a teacher know about asthma? (≥ 3 sentences) **wheezing and coughing, shortness of breath, usually manageable, seek immediate help with asthma attack...**